



# AIR, LAND & SEA TIMES

PUBLISHED FOR THE JOINT BASE MCGUIRE-DIX- LAKEHURST, N.J. COMMUNITY

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## NEWSNOTES

\*\*\*Dates and times are subject to change. Check with the event coordinator prior to the event.\*\*\*

### Daylight Saving Time

Don't forget to set your clocks forward one hour at or before 2 a.m. March 10, 2013. Remember "spring forward, fall back."

### Army Emergency Relief Campaign

The Army Emergency Relief Campaign, the Army's own emergency financial assistance organization dedicated to "Helping the Army take care of its own," is set to run until March 15, 2013. The AER provides commanders a valuable asset in accomplishing their basic command responsibility for the morale and welfare of Soldiers. Funds from the program are made available to commanders having AER sections to provide emergency financial assistance for both active and retired Soldiers and their dependents. For more information, or to contribute, contact a local unit AER representative or stop by the AER office at 5428 Delaware Ave.

### Military and Family Support Center Closure

The Military and Family Support centers at McGuire, Dix and Lakehurst will close at noon March 12, 2013, for staff training. Call 754-3154 for emergency-customer assistance. Normal operations will resume March 13.

### St Patrick's Day Shamrock 5K Run & 3K Fit

Walk The Lakehurst Fitness Center is set to host the St Patrick's Day Shamrock 5K Run & 3K Fit Walk March 13, 2013 at 123 Severys Road. Registration is at 11:30 a.m. and the race begins at 11:45 a.m. race starts in front of the Fitness Center. The event open to all eligible JB MDL patrons. Awards will be given to top three male and female winners in both military and civilian categories. Call (732) 323-7266 to register.

### Pre-Passover Lunch and Learn

The Joint Base Chaplains' Office is set to host a Pre-Passover Lunch and Learn session noon March 19, 2013, at the Dix Chapel, located at 5240 Eighth St. This year Passover begins sundown March 25 and ends April 2. Participants will receive a review of relevant Passover and Seder rituals. Matzah and grape juice will be served to all participants. Respond no later than March 12, to reserve a seat. Call 754-4673 for more information.

### JB MDL Information Technology Expo

The Fifth Annual Joint Base McGuire-Dix-Lakehurst Information Technology Expo is set from 9:30 a.m. to 1:30 p.m. March 13, 2013, at the Tommy B's Community Activities Center, located at 2705 East Arnold Ave. The event offers attendees the opportunity to see the latest in IT and learn how to maximize time and productivity with new workplace technology. Co-hosting the event are the 87th Communications Squadron, Dix Network Enterprise Center, Naval Air Systems Command and the Armed Forces Communications and Electronics Association. Call 562-2067 for more information.

### Operation Santa Claus Meeting Schedule

The 2013 meeting schedule for Operation Santa Claus is set for 10 a.m. March 12, April 9, May 9, June 11, Sept. 10, Oct. 8 and Nov. 12, with an open house scheduled for Nov. 25, 2013, at 5343 Airfield Road on Dix. Call 562-3825 for more information.

### Torch Club Family Night

Garden Terrace Youth Center is set to host Torch Club Family Night at 1279 Locust St. today. The cost is \$5 per family. Families can come together to share a meal and participate in fun activities sponsored by the Torch Club. Call 562-5061 for more information.

### Armed Forces Wrestling Championship

The 87th Force Support Squadron is set to host the 2013 Armed Forces Wrestling Championship from 8 a.m. to 4 p.m. March 16 and from 9 a.m. to 1 p.m. March 17, 2013, at the Griffith Field House located at 6063 Doughboy Loop. The event will feature both Greco-Roman and Freestyle wrestling meets. Call 562-3330 for more information.

### Free Movie Screening

The Army and Air Force Exchange Service will feature a free screening to all Department of Defense ID cardholders of the motion picture "Olympus Has Fallen" at 7 p.m. March 16, 2013. The movie stars Gerard Butler, Angela Bassett and Morgan Freeman. The movie is about a former Secret Service agent working to save the President after he is captured in a terrorist attack on the White House. This movie is rated R. Tickets will be available at the Exchange food court.

### Retiree Appreciation Day

The Retiree Activities Office is set to host Retiree Appreciation Day at 10 a.m. March 9, 2013, at Tommy B's Community Activities Center. The event is open to all retirees and their families. The event will feature a number of different speakers and information tables on subjects of interest to retirees. The keynote speaker will be Rep. Jon Ruyman. Call 754-2459 for more information.

See more NEWSNOTES on Page 10

## AST Coast Guardsmen train for hazmat response

By Pascual Flores

Joint Base McGuire-Dix-Lakehurst Public Affairs

Service members from the U.S. Coast Guard Atlantic Strike Team donned protective suits, boots and gloves as they prepared to conduct a response to hazardous material training Feb. 28, 2013, at the Lavache equipment facility and boat house here.

The training scenario focused on responding to a call for assistance from the Environmental Protective Agency. Exercise planners simulated the call requesting assistance to assess and inventory unknown chemicals in an abandoned pesticide warehouse. A standard 10-man response team was provided with briefings and equipment as per the units' standard operating procedures to meet the mission requirement.

The AST comprises Coast Guardsmen from throughout the country and from various career fields such as boatswain's mate, storekeeper, machinist's mate and damage controlman. Despite their differences when responding to requests for assistance with oil spills, hazardous materials or weapons of mass destruction, AST members set their individual job rating aside to become one hazardous-material-response team.

"People who come here to the AST, go through the Responder Development Program to earn the necessary qualifications," said Dean Matthews, AST training coordinator.

AST members first attend a three-week basic hazardous material course at Fort Leonard Wood, Mo., before they can become a response member. New arrivals undergo additional training at their duty station for the next qualification level.

"Once a responder has completed his or her basic training at Fort Leonard Wood, they continue to train here for the response levels," said Matthews, a Doylestown, Pa., native.

There are four levels of responders in the AST: response member, response technician, response supervisor and response officer.

The response member is the newest member to the unit. He or she is minimally qualified and will undergo additional classes and training on base-specific jobs and equipment. The response technician is more technically qualified on calibration instruments, pumps and other essential equipment. He or she could lead a pump team and is knowledgeable on all equipment. The response supervisor assesses the situation based on the information received and ensures teams dress out with the proper protective equipment. He or she also categorizes the chemical



Coast Guard Petty Officer 1st Class Ken Cook, Atlantic Strike Team boatswain's mate, is checked for contamination by Petty Officer 2nd Class Maria Sabat, AST storekeeper, during a training event Feb. 28, 2013, at a simulated decontamination site at an AST facility on Joint Base McGuire-Dix-Lakehurst, N.J. The training event covered responding to a simulated hazardous material cleanup, with entry and decontamination teams in full protective posture equipment. (U.S. Air Force photo by Pascual Flores/Released)

hazard and provides recommendations to the response officer. The response officer reports to U.S. Coast Guard Strike Team Command in addition to the EPA and other agencies.

"Part of our job is safety oversight and contractor monitoring," said Matthews, who retired from the Coast Guard Reserve in 2010 with 30 years of service as a Senior Chief

See COAST GUARD, Page 11

## HMH-772 surpasses 40,000 mishap-free flight hours

By Marine Heavy Helicopter Squadron 772

ALEXANDRIA REGIONAL AIRPORT, La. — Marines of Marine Heavy Helicopter Squadron 772 reached a milestone by surpassing 40,000 Class A mishap-free flight hours Feb. 1, 2013, transiting from Joint Base McGuire-Dix-Lakehurst, N.J., to San Antonio.

"Constantly exercising complex aircraft in dynamic operations provides numerous opportunities for mishaps," said Capt. Dan "Hancock" FitzPatrick, HMH-772 aviation safety officer. "This feat was achieved because, across the spectrum, our Marines are committed to safe operations and are ever-vigilant when faced with challenges that could compromise safety."

Class A mishaps are defined as loss of a life, permanent total disability or \$2 million in damage to an aircraft. The HMH-772 has flown an average of 1,200 flight hours per year since 1981 in missions ranging from search and rescue following the NASA Challenger explosion in 1986, humanitarian assistance in the Philippines, deployment to Kosovo, deployment to the Horn of Africa and multiple deployments to Southwest Asia in support of the war on terrorism and Operation ENDURING FREEDOM.

A section of two CH-53E Super Stallions departed JB MDL Jan.

A U.S. Marine Corps CH-53E Super Stallion from Marine Heavy Helicopter Squadron 772 conducts slingload operations with U.S. Air Force Airmen from the 821st Contingency Response Wing at Joint Base McGuire-Dix-Lakehurst, N.J., May 10, 2012. Both units were preparing for a Marine airpower demonstration at the 2012 JB MDL Open House and Air Show May 12 through 13, 2012. (U.S. Air Force photo by Tech. Sgt. Parker Gyokars/Released)

See SAFETY, Page 11



### Combat lifesavers

Military personnel attending the Army Support Activity-Dix combat lifesaver course here recently received new equipment for training.



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### AF wrestling

The wrestlers have been grappling, rolling and slamming nonstop for an hour, and still have seven hours left in the training day.

The Air Force Wrestling team arrived here Feb. 13, 2013, to participate in the All-Air Force Wrestling Training Camp.



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### Conquering obstacles

Competitors from the military and civilian communities at Lakehurst answered the question, "Can you conquer the obstacles?" Feb. 25, 2013, at the Lakehurst Fitness Center's inaugural challenge here.



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### The Weekend Weather

Today High 40/Low 30 Snow



Saturday High 58/Low 33 Sunny



Sunday High 57/Low 43 Partly Sunny





## Joint base congratulates senior master sergeant selects

By Joint Base McGuire-Dix-Lakehurst Public Affairs

JOINT BASE MCGUIRE-DIX-LAKEHURST, N.J. — Joint Base McGuire-Dix-Lakehurst is home to 21 of the Air Force's 1,367 master sergeants, who were selected for promotion to senior master sergeant Feb. 28, 2013. A celebration in their honor is set for 3 p.m., March 1, 2013, at Tomany B's Community Activities Center.

JB MDL's promotees are as follows:

- George Blackwell, 421st Combat Training Squadron
- Karl Brunell, 360th Recruiting Group
- Stephen Cochling, USAFEC Mobility Operations School
- Jeffrey Eastep, Air Mobility Command Test & Evaluation Squadron
- Teresa Evans, U.S. Air Force Expeditionary Center
- Christopher Gonin, 87th Air Base Wing
- Terrance Johnson, 305th Aircraft Maintenance Squadron
- Tori Jones, 818th Global Mobility Squadron
- Nathan Kilcollins, 817th Global Mobility Readiness Squadron



- Kenneth Kramer, 605th Aircraft Maintenance Squadron
- Todd Larson, 605th Aircraft Maintenance Squadron
- Mark Myers, 305th Aircraft Maintenance Squadron
- Reginald Palmer, 819th Global Support Squadron
- Leida Pedro, 87th Air Base Wing
- Randall Ransburgh, 21st Air Mobility Operations Squadron
- Gina Rich, 87th Force Support Squadron
- Terrell Rogers, 32nd Air Refueling Squadron
- Stacia Taylor, 818th Mobility Support Advisory Squadron
- Ronald Thomas, 87th Security Forces Squadron
- Nicole Wilson, 817th Global Mobility Squadron
- Angela Yetto Newton, 819th Global Support Squadron

Those selected represent 10.65 percent of the 12,834 eligible, Air Force Personnel Center officials said.

The average overall score for those selected is 673.11. Average time-in-grade is 4.02 years and time-in-service is 18.89 years. Other score averages included 135 for enlisted performance reports, 20.63 for decorations and 71.73 for the Promotion Fitness Exam.

(Editor's Note: Information in this story was taken from an Air Force Personnel Center story)

## Don't be rude, please reply

By Deborah Chase  
305th Maintenance Group

We sometimes forget to extend the simplest of courtesies to our friends, neighbors, co-workers and leadership even though customs and courtesies are a large part of our military culture. We occasionally need some reminding of the appropriate action to take in a given situation, whether it is saluting or as simple as responding to an invitation.

We will be seeing more official events as well as informal parties and get-togethers with warmer months approaching. We often receive invitations with these events, whether in hard copy or electronic form and, more often than not, we are asked to "RSVP" which is the French phrase, *Répondez, s'il vous plait*, meaning "please reply."

Many of us know, this means we need to respond to the invitation by a specific date, but unfortunately, to some, it means nothing. We are sadly not born with good manners and must be trained. Sometimes we are trained but simply need to be reminded.

Failure to RSVP or send regrets (i.e. you are unable to attend) puts your host or the point of contact for the event in a very

awkward position and is, in my opinion, rude. Planners put a tremendous amount of work and consideration into these events and when an invitee does not respond to an invitation, it burdens the event planner with additional stress and planning challenges, especially if the invitee shows up.

Responding inappropriately is another common "faux pas" when responding to invitations. If the invitation does not specifically state that children or other family members are invited, don't assume they are automatically welcome. An invitation beginning with "you are cordially invited" it typically means that only you are invited, however, if the invitation states "you and your spouse or guest are cordially invited" it means you may bring a guest. Often, the only time children are invited is when the invitation specifically states that "you and your family..." Otherwise, the appropriate action is to secure a sitter for the duration of the event. Remember, many events are not appropriate for children and can detract from the enjoyment of the guests.

So, don't be rude. Please reply to all invitations you receive, whether for your boss or yourself, and keep in mind whom the invitee is.

(Editor's note: Heidi Malkowski contributed to this commentary)

## Service member spotlight: All for one

In honor of Women's History Month, this week's featured service member is Navy Petty Officer 1st Class Sarah Balk, Fleet Readiness Squadron 64 command career counselor. Balk hails from Tacoma, Wash.

Q: What inspired you to join the military?

A: I joined the Navy to make a difference and to do something with my life. I can stand up and be proud while also making my family proud of what I do and what I have accomplished.

Q: What does your job entail and what is its significance to your unit and mission?

A: I assist with the command's organization and implementation of an aggressive enlisted career information program. My job also includes evaluating the enlisted career information program within the command. I supervise and coordinate interviewing and counseling efforts. I counsel individuals and give presentations to squadron

personnel and their family members on the advantages of career opportunities and professional development in the Navy. As a career advisor, I also serve as a Transition Assistance Program manager and provide counseling on veteran benefits and relocation program. My job is directly linked to the unit's morale, readiness and mission accomplishment.

Q: Do you have any family members in the military currently or in the past?

A: My grandfather, Manol Scott, served in the Marine Corps during World War II and was discharged as an E-6. My grandmother, Kathleen Scott, served in the Marines during World War II and was discharged as a



(U.S. Air Force photo by Russell Meseroll/Released)

corporal. My brother, Lt. Col. Larry Bailey Jr., is currently serving in the Marines.

Q: What does Women's History Month mean to you?

A: It's important to me to spend the month recognizing the impact of women past and present. It reminds me of what past women had to do to provide the opportunities I now have. I

would not be able to do what I do today without them.

Q: What woman most inspires you?

A: Three women inspire me on a daily basis: my sister, Mandy West and my two daughters, Debra and Mikel Smith.

## COMMANDER'S ACTION LINE



Col. John Wood  
Commander, Joint Base  
McGuire-Dix-Lakehurst and  
87th Air Base Wing

The Joint Base Commander's Action Line is an integral part of the base feedback network. Base personnel are urged to use the proper chain of command first to address their concerns.

If you are not satisfied with the response from your chain of command, or you are unable to resolve the problem or concern, please call 754-3247 or e-mail 87abw.actionline@mcguire.af.mil.

Action lines may be made anonymously, however, it is recommended you leave your name and number in case more information is needed to address your concern.



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## Eccleston Memorial Run



Cristine Circello (center left), escorts Sharon Loving, aunt of Tech. Sgt. Curtis Evan Eccleston, former 621st Contingency Response Wing member, during the 1.5-mile Eccleston Memorial Run Feb. 28, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. More than 100 joint base community members participated in the run. Eccleston, who hailed from Columbia, Md., was murdered Feb. 6, 2011, at Kadena Air Base, Japan. Circello is the spouse of Senior Master Sgt. Augustine Circello, 305th Aerial Port Squadron superintendent of ramp services. (U.S. Air Force photo by Russ Meseroll/Released)



## 87th CES EOD technician earns Purple Heart, Combat Action Medal

By Airman 1st Class Ryan Throneberry  
Joint Base McGuire-Dix-Lakehurst  
Public Affairs

Maj. Gen. Bill Bender, U.S. Air Force Expeditionary Center commander, presented Tech. Sgt. Peter Arbelo with a Purple Heart and an Air Force Combat Action Medal March 4, 2013, at building 3210 here. Bender, along with Arbelo's wife, Stacey, joined a multitude of 87th Civil Engineer Squadron Airmen to pay tribute to the Explosive Ordnance Disposal training NCO who fell victim to an improvised explosive device attack in the Ghazni Province of Afghanistan June 28, 2012.

"The word 'hero' is not chosen lightly and that's what this ceremony is all about," said Bender. "We have been engaging in irregular warfare for the past decade, so we have had to adapt. There is no better example of adapting to these new tactics like that of EOD troops who have learned to overcome the challenges of a very treacherous and demanding career field."

Arbelo sustained head injuries while clearing IEDs along the route to a coalition checkpoint. He was leading a three-man team through the checkpoint when an IED detonated directly in front of their vehicle. Disoriented, Arbelo checked on his team before disembarking the wrecked vehicle. He then used a metal detector to clear a safe route for him and his team to await



Maj. Gen. Bill Bender, U.S. Air Force Expeditionary Center commander, presents Tech. Sgt. Peter Arbelo, 87th Civil Engineer Squadron Explosive Ordnance Disposal training NCO, with a Purple Heart and an Air Force Combat Action Medal March 4, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. Arbelo fell victim to an improvised explosive device attack in the Ghazni Province of Afghanistan June 28, 2012. (U.S. Air Force photo by Russ Meseroll/Released)

extraction and medical evaluation.

"When I heard what had happened to my husband, it didn't seem real," said Stacey. "He's deployed so many times without any major incident. Of course, with the nature of his job, I know things can happen, but I do my best not to think about it."

Arbelo compared the varying intensities from being downrange to that of a racecar driver coming back and having to drive 25 miles per hour.

The EOD technician has deployed six times since enlisting in May 2001. He was recently tasked with another deployment;

something he said he is excited about, regardless of the incident.

"I definitely do feel lucky," said Arbelo. "Maybe a different type or larger amount of explosive, or maybe impact to a different part of the car would have had a different outcome."

When asked to say a few words following his medals presentation, Arbelo simply said he couldn't do his job without the support of his wife.

"That's my husband," said Stacey. "A man of few words."

The Purple Heart is the first U.S. military award. It was established by George Washington and was known originally as the Badge of Military Merit. It is now awarded to service members who received combat-related injuries. An estimated more than 1,700,000 Purple Hearts have been awarded to U.S. military members since its inception in 1782.

Additionally, the secretary of the Air Force approved establishment of the Air Force Combat Action Medal March 15, 2007, to recognize any Airman who actively participated in ground or air combat. The main eligibility criterion is that the individual must have been under direct and hostile fire while operating outside the defended perimeter or physically engaging hostile forces with direct and lethal fire.

## New equipment better prepares Dix Combat Life Saver Course students

By David Moore  
Army Support Activity-Dix

Military personnel attending the Army Support Activity-Dix combat lifesaver course here recently received new equipment for training.

The new equipment will allow first responders to train on the same equipment they would use down range to save wounded warriors on the battlefield.

Twenty 847th Human Resources Company Soldiers from Fort Snelling, Minn., and one from Joint Base McGuire-Dix-Lakehurst's 75th Training Division, completed their combat simulated field experience Feb. 22, 2013.

"We received new equipment such as a stretchers, tourniquets and other supplies from First Army so military personnel can know first-hand the equipment they train on here is exactly the same type of equipment they will have when they forward deploy," said Charles Breland, combat lifesaver lead course instructor.

Combat lifesavers are normally the first responders for injured troops on the battlefield. If these military personnel can stabilize a wounded service member, it will help soldiers keep them alive until medics can engage their treatment.

Some areas of the 40-hour block combat lifesaver training includes stabilizing a patient experiencing shock, airway blockage, bleeding out and lung collapse.

The course is open to all service branches whether or not they are slated to deploy. The Army Training Requirements and Resource System offers enrollment at <https://www.atrs.army.mil/>.

Students in the 40-hour course will spend three days in the classroom familiarizing themselves with treatment procedures and the equipment followed by a written exam. The final day is spent in the field in a simulated combat environment carrying the equipment such as the combat lifesaver bag and stretchers.

The chaos of a simulated battle and wounded troops stresses the importance of proper treatment, care and patient movement while at the same time using troop leading procedures to provide security over the wounded. This gives first responders the time and space needed to save lives while under fire from an enemy.

"This gives the students a realistic training environment using the latest and greatest information and tools to be successful," said Mariam Lipsey, combat lifesaver course instructor.



Spc. Chao Vang, 847th HRC has completed the combat lifesaver course on twice and said the field experience puts everything together to be successful at treating casualties.

"It's good, because we get to use this equipment and knowing how to use it for stabilizing and moving patients is important when we deploy," said Vang.

Staff Sgt. Antron Ambrose, 847th Human Resources Company NCO, provides security for the field training experience during the Dix Combat Lifesaver Course Feb. 22, 2013, on Joint Base McGuire-Dix-Lakehurst, N.J. The course instructors recently received new first gear provided by First Army which will allow first responders to train on the same equipment they would use down range to save wounded warriors. (U.S. Army photo by David Moore/Released)

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# Air Force wrestlers train to subdue competition

By Airman Sean M. Crowe  
Joint Base McGuire-Dix-Lakehurst Public Affairs

Temperatures are in the low 40s, but the training facility, located at building 5975, is warm, muggy and saturated in basic military training-reminiscent odors. The mats are drenched in sweat, thus impeding contenders' grips on their opponents. The fast-paced, electronic music playing, grunting and coach yelling make for a noisy training environment. The wrestlers have been grappling, rolling and slamming nonstop for an hour, and still have seven hours left in the training day.

The Air Force Wrestling team arrived here Feb. 13, 2013, to participate in the All-Air Force Wrestling Training Camp.

The training camp serves to prepare the Air Force Wrestling team for the 2013 Armed Forces Wrestling Championship March 16 and 17, 2013, at Griffith Field House here.

The team comprises all, but one, first-year Air Force Wrestling members. The lack of experience is a challenge, but it also provides an advantage because members will have a fresh perception on the competition, said Richard Estrella, Air Force Wrestling head coach.

Estrella has coached for the Air Force Wrestling program on and off for 22 years. Some of his coaching achievements include the 2007 Wrestling World Champions title with Team USA and the 2003 and 2004 Open National Championship National Team titles with the Air Force team.

"The 2013 team is the most inexperienced team I've ever coached," said Estrella. "The less experienced ones learning from the more seasoned athletes gives me a great deal of satisfaction as a coach, which I credit to the athletes bonding so quickly as a team. I'm very grateful to the Air Force and my athletes' home units who all made this possible through their support."

The team never showed any animosity toward each other and bonded within two days of meeting, said Senior Airman Nate Higgins, 48th Aerospace Medicine Squadron public health mission capability technician at Royal Air Force Lakenheath, England.

Higgins, along with all other competitors, will compete in two wrestling styles at the tournament.

Armed Forces Wrestling Championships are split into seven weight categories and two wrestling styles – Greco-Roman and freestyle. Greco-Roman wrestling is done



Airman 1st Class Nate Hartley, 721st Aerial Port Squadron aerial porter from Ramstein Air Base, Germany, and Airman 1st Class Lucas Brogdon, 718th Aircraft Maintenance Squadron crew chief, attempt to perform a takedown on one another March 1, 2013, in a training facility near New Jersey Avenue on Joint Base McGuire-Dix-Lakehurst, N.J. Hartley and Brogdon arrived at JB MDL Feb. 13 to participate in the 2013 All-Air Force Wrestling Training Camp through March 13. (U.S. Air Force photo by Airman Sean M. Crowe/Released)

without using an opponent's legs as a means for a takedown. Freestyle wrestling allows leg grabbing for opponent takedowns. The athletes have come a long way since

their selection to the team. They work diligently to hold their positions. They follow a vigorous daily training regimen for more than 12 hours a day with only one day off

a week.

"The whole team wakes up at 6 a.m. and begins the day with a three-mile run and lifting weight," said Senior Airman Terrell Walker, 439th Supply Chain Operations Squadron at Joint Base Langley-Eustis, Va. We then eat breakfast before practicing on the mats from eight-thirty to ten-thirty. After a break, we return for drills from one to two-thirty. Finally, we come back for more practice on the mats until six thirty, when our training day is over."

Team members say the regimen comprises mainly intense physical training with a focus on increasing stamina and technique.

"The main thing we do in any given day is face each other in grind matches which are long sessions of wrestling," said Higgins. "Grind matches test everyone's willpower to push forward after an hour of intense physical strain."

Estrella also uses less strenuous activities to train members on morale and team member cohesion.

"Coach has us play a game similar to ultimate Frisbee, to break up the monotony of our training," said Tech Sgt. Sherwin Severin, 11th Security Forces Squadron operations support NCO at Joint Base Andrews, Md. "The game is played with a ball instead of a Frisbee. We make the losing team's captain wear bright colored tights everywhere we go, which is a huge morale booster for the whole team."

A proper diet is also an aspect of training for the wrestlers, which can be overlooked.

"My diet is ironic, because I'm trying to lose weight and I eat a lot of fast food," said Walker. "I justify eating unhealthy but I usually do since I burn off so much weight every day."

Most wrestlers attempt to get down to their lowest weight through diet and exercise to compete in the lowest weight class possible, said Walker.

The majority of team members are not new to the sport.

"I was required to list all my wrestling experiences and achievements when I submitted my application for the team," said Severin.

Every team member applied for their spot. The coach called applicants he considered for a spot on the team shortly after receiving applications, said Walker.

Anyone interested in joining the team is required to fill out an Air Force Form 303- Request for USAF Specialized Sports

See WRESTLE, Page 8

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## JB MDL community members conquer obstacles

By Tom Worsdale  
NAVAIR Public Affairs

Competitors from the military and civilian communities at Lakehurst answered the question, "Can you conquer the obstacles?" Feb. 25, 2013, at the Lakehurst Fitness Center's Inaugural Outdoor/Indoor Obstacle Challenge here.

The participants persevered and powered through on a chilly February morning to see who would prevail with the lowest overall time.

The events included truck-tire tossing, the low crawl, monkey bars maneuvers and a 25-yard 125-pound dummy drag.

The top five military finishers included Chief Petty Officer Manuel Perez with an overall time of

3:15; Petty Officer 2nd Class Max Torres with 3:26; Petty Officer 3rd Class Evan Carter, 3:35; Chief Petty Officer David Yanvary, 3:38; and Petty Officer 2nd Class Jeffery Pettway at 3:53.

The top three civilian finishers and overall champion was Eric Hess at 3:11; second for the civilians was Mike Firth, 3:43; and third was Glen Gretskey at 4:01. The two top female competitors, Tracy Jarvis and Lisa Firth both finished with 4:47.

"This first-time event at Lakehurst was a lot of fun for all the folks who came out to participate," said Mark Smith, event organizer. "It was reminiscent of the old 'Superstars' competitions they had on TV back in the 70s and 80s. We definitely look forward to making this an annual tradition."



Chief Petty Officer Manuel Perez climbs the monkey bars during the Lakehurst Fitness Center's Inaugural Outdoor/Indoor Obstacle Challenge Feb. 25, 2013, at Joint Base McGuire-Dix-Lakehurst, N.J. The participants persevered and powered through on a chilly February morning to see who would prevail with the lowest overall time. (U.S. Navy photo by Tom Worsdale/Released)

## African, U.S. military forces mark Central Accord 2013 open

By Master Sgt. Stan Parker  
621st Contingency Response Wing

DOUALA, Cameroon - Hundreds of Cameroon military members stood alongside U.S. and other Central Africa partner nation members at the Douala Air Force Base airfield here during the opening ceremony for Central Accord 2013, Feb. 20, 2013.

Central Accord 2013 is a 10-day joint aerial supply and medical readiness exercise aimed to enhance the Cameroon military and other neighboring Central African partner countries' logistical and resupply capabilities. The exercise also includes air drop and aeromedical evacuations, which could be beneficial during future contingency or humanitarian operations.

Part of the U.S. contingent includes a group of eight Air Mobility Command air advisers from the 818th Mobility Support Advisory Squadron, designed to enhance military-to-military relations between partner nations.

The Joint Base McGuire-Dix-Lakehurst-based 818th MSAS Airmen, assigned to the 621st Contingency Response Wing, arrived in the central-African state to take part in the two-week-long exercise. Their expertise as air advisers extends AMC's Building Partnership Capacity mission, by fostering key relationships and enhancing partner nation capabilities. The Airmen, representing several different Air Force specialties, will work side by side with partner nation participants in developing competencies in safety, aircraft maintenance, aircrew survival and aerial delivery operations.

The opening ceremony, attended by dozens of senior military and governmental officials, included remarks from Dr. Fritz Ntione "NTone," the government delegate to the Douala City Council, Brig. Gen. Peter Corey, U.S. Army Africa Deputy commanding general and senior U.S. Army



Tech. Sgt. Joshua Tippy, 818th Mobility Support Advisory Squadron loadmaster air adviser from Joint Base McGuire-Dix-Lakehurst, N.J., discusses loadmaster operations with Cameroon Air Force personnel Feb. 21, 2013, at Douala Air Force Base, Douala, Cameroon. Tippy is participating in Central Accord 2013, a joint exercise in which U.S., Cameroon and neighboring Central African militaries partner to promote regional cooperation while increasing aerial resupply and medical readiness capacity. (U.S. Air Force photo by Master Sgt. Stan Parker/Released)

exercise official, and Joseph Beti Assomo, the governor of the Littoral Region of Cameroon.

NTone addressed the audience and welcomed the visitors, expressing his gratitude on behalf of the citizens of Douala. He added that although the city is striving for continued growth, preventing and responding to potential problems related to civil security or natural disasters may challenge the growth.

"So you can understand why we are interested in this exercise, where the heart of the job is developing medical

and logistical support for the sub region," he said.

Assomo's remarks echoed a similar sentiment and highlighted the commitment it took to reach this momentous occasion.

"Following pre-engagements in Angola and Vicenza, Italy, we are now here in the economic capital of our country to put in play the scenarios that were planned during the planning process," said Assomo. "It's a great honor for our country to host not just the final part of the planning conferences, but also the actual exercise for Central Accord 13 ... This choice echoes the willingness of the Cameroon Chief of State, the Chief of the Army and his excellence Paul Biya (president of Cameroon) to work toward peace on our continent and our region."

"The U.S.'s commitment to the central Africa region and to Africa is long term," Corey said. "As part of that commitment, the U.S. Army works to strengthen relationships with our African partners who are cooperating on a regional basis to ensure a more secure and stable Africa."

Of more than 700 military members participating in the exercise, most are from the Cameroon military with about 180 participants from the U.S. Army, Air Force and Navy. Additional participants from neighboring African countries of Burundi, Democratic Republic of Congo, Republic of Congo, Democratic Republic of Sao Tome e Principe, and Gabonese Republic also joined the exercise in Cameroon.

Central Accord is U.S. Army Africa's annually sponsored exercise that brings together U.S. military personnel with counterparts from militaries throughout Africa to enhance military interoperability, providing an opportunity for the sharing of common goals and foster security cooperation. This year the scope was broadened to enhance medical readiness capacity.

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## CCAF Olympics motivate Airmen to 'go for gold'

By Linda Richardson  
and Jude Marranco  
87th Force Support Squadron

All enlisted Air Force members are encouraged to participate in Joint Base McGuire-Dix-Lakehurst's inaugural Community College of the Air Force Olympic Games. The goal through the next six months is to complete all remaining CCAF degree requirements and be nominated for the degree no later than Aug. 31, 2013.

Why compete?  
— The Squadron with the most CCAF graduates will receive the Gold CCAF Olympics Trophy to be awarded at the graduation ceremony this fall.

— CCAF graduates are eligible to compete for the Air Force Association Pilsenbarger Award, a \$400 grant for CCAF graduates pursuing a bachelor's degree. This grant will be awarded at the graduation ceremony this fall. The more graduates, the more grants.

— The first graduate of each month of competition will receive an event gift card or tickets to a professional sporting event.

How to compete:

— Review the CCAF progress report through the Air Force Portal.  
— Set up an appointment with a CCAF advisor via 87EducationCenter@us.af.mil.

— Schedule CCAF-applicable classes or college-level exams.  
— Complete all CCAF-degree requirements.

— Get nominated for a degree by Aug. 31.

Performance Enhancement tools:  
— Air Force Virtual Education Center, available on the Air Force Portal.

— Military Tuition Assistance briefing every first and third Wednesday of the month at 8:30 a.m. at the Education and Training Center.  
— National Test Center CLEP

See CCAF, Page 10

## WMSE releases traumatic brain injury information

By the Watson Medical Support Element

March is Brain Injury Awareness Month and the Defense and Veteran Brain Injury Center is trying to raise awareness of traumatic brain injury. Traumatic brain injuries are common in both military and civilian communities. Below are helpful facts from the DVBC.

What is TBI?

— A blow or jolt to the head that causes a disruption in the function of the brain.

— Not all blows or jolts to the head result in a TBI.

— Severity of the TBI is determined at the time of injury and may be classified as:

- Mild
- Moderate
- Severe
- Penetrating

The most common cause of TBIs in the civilian population are falls. The most common causes of TBIs in the military are from blast injuries related to improvised explosive devices, bullets or fragments, falls, motor vehicle crashes and blunt objects.

Did You Know?

— Concussion is another name for a mild TBI.

— Concussion is the most common form of TBI in the military population.

— Concussion results from a head injury that briefly knocks someone out or makes them feel dazed, confused, or "see stars."

Common Symptoms of Mild TBI

— Physical: Headache, sleep disturbances, dizziness, balance problems, nausea/vomiting, fatigue, visual disturbances, light sensitivity and ringing in ears

— Cognitive: Slowed thinking, poor concentration, memory problems and difficulty finding words

— Emotional: Anxiety, depression, irritability and mood swings

Help Yourself Recover More Quickly

— Report the incident which will protect you and your unit.

— Get checked out by a healthcare provider and be honest about any symptoms.

— Rest and avoid physical exertion such as heavy lifting and exercise.

— Avoid mental exertion such as writing reports, activities requiring intense concentration, etc.

— Return to duty — Most people can expect to recover fully and return to duty or work. A health provider will determine when it is safe for someone to return to duty or work.

Living with a traumatic brain injury or know someone who is?

Visit [www.brainline.military.org](http://www.brainline.military.org) to find resources about traumatic brain injury for service members, veterans, National Guard, Reserve and family members.

Visit [www.DVBIC.org](http://www.DVBIC.org) or email [info@DVBIC.org](mailto:info@DVBIC.org) to learn more about TBI and find educational materials.

See BRAIN, Page 10

## An Evening of Fashion



Lynne Allison Patterson, wife of Col. Chris Patterson, U.S. Air Force Expeditionary Center deputy commander, shows off an outfit conceived at the McGuire Officers' Spouses' Club Thrift Shop outfit during the "An Evening of Fashion" fashion show Feb. 26, 2013, in the Saxton Community Center at Joint Base McGuire-Dix-Lakehurst, N.J. Lynne's outfit cost \$7.50. Twenty-three models, made up of joint base service members, their spouses and children, showed off the thrift-shop attire. (U.S. Air Force photo by 2nd Lt. David J. Murphy)

Tina Wedower, wife of Air Force Maj. Christopher Wedower, 87th Civil Engineer Squadron operations flight commander, congratulates Lynne Allison Patterson, wife of Col. Chris Patterson, U.S. Air Force Expeditionary Center deputy commander, after walking the runway during the "An Evening of Fashion" fashion show Feb. 26, 2013, at Saxton Community Center at Joint Base McGuire-Dix-Lakehurst, N.J. All proceeds from the thrift shops, where the outfits came from, go back into the military community through welfare programs and scholarships. Tina hails from Liverpool, N.Y. (U.S. Air Force photo by 2nd Lt. David J. Murphy)



Elizabeth Morris, daughter of retired Air Force Master Sgt. Daniel Morris, shows off a wedding dress during the "An Evening of Fashion" fashion show Feb. 26, 2013, at Saxton Community Center at Joint Base McGuire-Dix-Lakehurst, N.J. The participants in the fashion show, which was organized by the Dix Spouse and Civilian and McGuire Officers' Spouses' clubs, wore outfits found exclusively from joint base thrift stores. (U.S. Air Force photo by 2nd Lt. David J. Murphy)

The 87th Communications Squadron, Ft Dix Network Enterprise Center, Lakehurst/NAVAIR & the AFCEA Liberty Bell Chapter

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## 87th CS Airman gets 'W' from 87th WSA



By Airman Sean M. Crows  
Joint Base McGuire-Dix-Lakehurst Public Affairs

302d Senior Airman Christopher Bogenschutz, 87th Communications Squadron cyber systems and network operations specialist, spikes a volleyball over the net Feb. 26, 2013, at McGuire Fitness Center on Joint Base McGuire-Dix-Lakehurst, N.J. The 87th CS-B Team defeated the 87th Wing Staff Agency. (U.S. Air Force photo by Airman Sean M. Crows/Released)

## Joint Base Intramural Sports Standings

2013 Intramural Basketball JB McGuire-Dix			
Team	Win	Loss	CB
87th SPS 1	3	0	0.0
NWS Earle 1	2	3	2.0
Wildcats	11	3	2.5
NCOA	10	3	3.0
305th CDS	10	4	3.5
87th FSS/ 87th CS	9	5	4.5
305th APS-A	9	6	5.0
87th CES	9	6	5.0
3-314th FA	8	7	6.0
621st CRW-A	1	3	7.5
77th BDE	0	2	7.5
605th AMXS	6	8	7.5
BCJ-Hest	0	2	7.5
621st CRW-B	0	3	8.0
87th LRS	5	9	8.5
305th AMXS	3	8	9.0
244th AVN BDE	4	9	9.0
305th MDS	1	9	10.5
MAC-49	3	11	10.5
6th AS-Bully Beef	1	14	13.0
CB=Games Back			

2013 Over 30 Basketball McGuire-Dix			
Team	Win	Loss	CB
NCOA-2	6	0	0.0
305th CDS	5	1	1.0
Wildcats	4	3	2.5
305th MDS	0	1	3.5
87th SPS	2	4	4.0
174th Inf. Bde.	0	2	4.0
87th FSS	2	5	4.5
621st CRW	2	5	4.5
87th CES	1	5	5.0
CB=Games Back			

2012-13 Intramural Racquetball Joint Base McGuire-Dix-Lakehurst			
Team	Win	Loss	PCT
305th MDS-A 1	3	0	1.000
87th MDC	10	4	0.714
305th CDS	8	4	0.667
621st CRW	2	2	0.500
VR-64	5	8	0.385
87th CONS	2	5	0.286
Lakehurst-Gunnors	1	5	0.167
305th MDS-B	1	14	0.067
PCT = Winning percentage			

2013 Intramural Volleyball McGuire-Dix			
Team	Win	Loss	PCT
314th RCS	6	0	1.000
87th CES	5	0	1.000
87th MDC	5	0	1.000
87th CS-A	4	0	1.000
305th MDS	4	1	0.800
VR-64 Condors	4	1	0.800
87th CONS	3	1	0.750
605th AMXS	4	2	0.667
AMC TES	3	2	0.600
87th CS-B	3	3	0.500
621st CRW	2	2	0.500
87th FSS	2	3	0.400
87th WSA	2	4	0.333
99th RSC	2	4	0.333
87th LRS	1	4	0.200
WMS E-A	1	5	0.167
305th CDS	1	5	0.167
305th MDC	0	4	0.000
7217 MSU	0	5	0.000
WMS E-B	0	6	0.000

### Game schedule

#### Weeks

March 11	MFC	5:15 p.m.	621st CRW vs. 87th CS-A
	MFC	6:15 p.m.	7217 MSU vs. 87th LRS
	MFC	7:15 p.m.	VR-64 Condors vs. 87th FSS
	MFC	8:15 p.m.	99th RSC vs. 305th CDS
March 12	MFC	5:15 p.m.	AMC TES vs. 87th CONS
	MFC	6:15 p.m.	87th CS-A vs. WMS E-A
	MFC	7:15 p.m.	621st CRW vs. 7217 MSU
	MFC	8:15 p.m.	WMS E-B vs. 87th LRS
March 13	MFC	5:15 p.m.	87th CES vs. 87th CONS
	MFC	6:15 p.m.	305th MDS vs. 621st CRW
	MFC	7:15 p.m.	87th WSA vs. 87th MDC
	MFC	8:15 p.m.	WMS E-A vs. AMC TES
March 14	MFC	5:15 p.m.	305th MDS vs. 87th CES
	MFC	6:15 p.m.	VR-64 Condors vs. 99th RSC
	MFC	7:15 p.m.	87th CS-B vs. 87th LRS
	MFC	8:15 p.m.	605th AMXS vs. WMS E-B

GFH = Griffith Field House MFC = McGuire Fitness Center  
Current as of March 6.

## Wrestle

Continued from Page 4

### Training

"My main experiences were with Europe International Wrestling and Aviano Wrestling Club where I placed fifth in a tournament," said Severin. "I competed often in high school wrestling, winning titles to include: three-time district champion, two-time regional champion and fifth place in the Orange Bowl."

Some team members don't have as much experience as Severin.

"The majority of my experience comes from wrestling with an off-base club in London," said Higgins.

Higgins and others with less experience can still contribute to the collaborative team effort.

All athletes on the team have faith they will score points in the championship, despite their lack of experience. The important factor is scoring as much as possible, said Estrella.

The athletes run from one side of the room to the other once they finish their grind matches. Estrella demands the wrestlers line up and gives them feedback on their practice, including strengths and weaknesses. The individuals form two lines for the water cooler and the scale. Some

wrestlers step outside to cool down where they immediately begin emitting steam due to the temperature difference. Others stay inside and help wipe sweat off each other. The athletes then, gradually, begin dissipating from the training facility where they will soon return.

The 2013 Armed Forces Wrestling Championship at Griffith Field House will include:

- Greco-Roman Dual Meets first session March 16, 2013, 10 a.m. The Dual Meets second session will follow 30 minutes after the first session. The Dual Meets third session will begin at 1 p.m.

- Freestyle Dual Meets first session March 17, 2013, 9 a.m. The Dual Meets second session will follow 30 minutes after the first session. The Dual Meets third session will begin at 1 p.m.

Call 562-3330 or email floyd.winter1@us.af.mil for more information on the event.

### Air Force Wrestling

team members and head coach, prepare for a "hands-in chant" after wrestling practice March 1, 2013, in building 5975 near New Jersey Avenue on Joint Base McGuire-Dix-Lakehurst, N.J. Severin has competed with the Air Force Wrestling team before, making him the most experienced team member. (U.S. Air Force photo by Airman Sean M. Crows/Released)





## NEWSNOTES

### 87th Medical Group Pharmacy Closure

The 87th Medical Group Pharmacy is set to be closed from March 22 through 24, and reopen March 25, 2013, as part of a refurbishing project. Customers requiring refills should contact the automated refills line at 754-9470, or (888) 223-2448, or go to [www.tricareonline.com](http://www.tricareonline.com), two weeks before a prescription runs out to avoid a delay due to renovation.

Refills will be expedited to one business-day turnaround the week of March 18. New prescriptions will be processed on the same day. Contact 754-9464 or 87mdg.pharmacy@us.af.mil for more information. TRICARE also offers home delivery prescription service for maintenance medications. Medications not available at the 87th MDG may be available through home delivery with zero co-pay. Visit [www.tricare.mil/Home/Prescriptions/FillPrescriptions/Home-Delivery.aspx](http://www.tricare.mil/Home/Prescriptions/FillPrescriptions/Home-Delivery.aspx) for more information.

## Construction Corner

By 87th Civil Engineer Squadron

### McGuire Power Plant Demolition Project

Demolition of the McGuire Power Plant and associated facilities will continue through June 2013. Additional truck and construction vehicle traffic can be expected in the area.

### Road closures

Repairs and paving to existing Naval Air Systems Command access roadway will continue to enhance smooth driving and safety. A roadside drainage ditch will be constructed in addition to regulatory signs, striping and guardrails. Partial road closures may occur as this work progresses.

Removal and replacement of manhole tops, frames, covers and interiors will continue through March 2013, on Lexington Avenue between Silver Lane and Gettysburg Avenue. Obstruction to traffic should be expected along Lexington Avenue as crews work on the manholes which are located adjacent to the roadway.

Reparing of Hancock Road is currently scheduled for completion by mid-March. Traffic will be reduced to one way with flaggers during paving operation. Portions of Hancock Road and Seven Circle may be closed due to low traffic volume and availability of detour routes. Watch for workers striping roads.

### Electrical Shutdown

Installation of a new primary switch to bring redundancy service into the 2600 and 2900 area on McGuire Boulevard is scheduled from 9:30 p.m. March 17 through 4:30 a.m. March 18, 2013. Power will be disconnected to multiple facilities to include the McGuire Express.

### 87th ABW lobby renovation

The lobby to the 87th Air Base Wing headquarters located at 2901 Falcon Lane will be closed intermittently during renovation work through March 29, 2013. Visitor and personnel seeking access to the building must use the side or back entrances.

### International Spouses Group

#### Cultural Attire Expo at the Library

The International Spouses Group is set to host a Cultural Attire Expo from 1:30-2:30 p.m. March 22, 2013, at Library and Resource Commons, located at 2603 Tuskegee Airman Ave. The Expo explores the different cultures of women. Clothing representing different cultures will be worn or displayed. Call 754-0882 for more information.

#### Women's Health Fair at Dix Chapel

A Women's Health Fair is scheduled from 11 a.m. to 1 p.m. March 25, 2013, at the Dix Chapel, located at 5240 Eighth St. The health fair is sponsored by Lourdes Hospital and will feature informational booths on women's health. Call 754-4847 or 754-9163 for more information.

### JB MDL Thrift Shops

#### McGuire

The McGuire Officers' Spouses' Club Thrift Shop is open from 10 a.m. to 2 p.m. Wednesdays through Fridays and the first Saturday of each month. The shop accepts gently used donations. The MOSC Thrift Shop accepts consignments from 10 a.m. to noon Wednesdays through Fridays. Proceeds benefit JB MDL, local, and national organizations. Volunteers are welcome. The MOSC Thrift Shop is located at 3446 Brody Road. Call 754-2368 for more information.

The Dix Thrift Shop hours are Tuesdays and Thursdays from 10 a.m. to 2 p.m.; the first and third Saturdays of the month from 10 a.m. to 2 p.m.; and the first Wednesday of each month from 3-7 p.m. Consignments are accepted from 10 a.m. to 12:30 p.m. Tuesdays and Thursdays. Donations can be dropped off during business hours or placed in the shed after hours.

The shop is looking for volunteers. High school students can accumulate community service hours by volunteering. Proceeds help fund scholarships sponsored by the Dix Spouses' and Civilians' Club. Email [fordixthrift@gmail.com](mailto:fordixthrift@gmail.com) for details or suggestions on how the shop can better serve the JB MDL community. The Dix Thrift Shop is located next to the museum on Pennsylvania Ave.

#### Lakehurst

The Navy Marine Corps Relief Society Thrift Store is open every Tuesday, Wednesday and Saturday 9 a.m. to noon and Thursday 1-5 p.m. at 158 Berry Road. The thrift shop's sales income is returned to the Sailors, Marines and their families in the form of emergency financial relief services. Donations after hours may be placed in the donation locker located by the front door. Opportunities are available for volunteers to sort merchandise, arrange displays and work as cashiers. Call (732) 323-2362 or visit for more information.

## Brain

Continued from Page 6

#### TBI events at JB MDL

The 87th Medical Group is slated to host the TBI opening ceremony today 11 a.m. to noon in the Edward Resource Room on the second floor of the McGuire Clinic.

#### The Defense and Veterans Brain Injury Center

is set to host a "prevention, intervention and education" presentation March 11, 2013,

11 a.m. to noon at the DVBC

next to the McGuire Clinic.

The 87th Medical Group

is slated to set up a TBI resource table March 13, 2013,

10 a.m. to 2 p.m. in the Exchange lobby.

The 87th Medical Group

is set to host "Lunch and Learn: Concussions" March

18, 2013, noon to 1 p.m. at

Bldg. 5613 Classroom 2.

The Health and Wellness

Center is set to have a display in the lobby March

18 to 22, 2013, at the McGuire Fitness Center.

## CCAF

Continued from Page 6

Burlington County College spring/summer schedule.

CCAF address for mailing transcripts: CCAF/DESS,

100 South Turner Blvd, Maxwell Gunter Air Force Base,

Montgomery, Ala. 36114.

For those Airmen need now:

Register for the free online Social Science Course offered by the Air Force Culture and Language Center at [www.culture.af.mil/courses/](http://www.culture.af.mil/courses/).

Register for accelerated courses offered by Burlington County College. Contact Jennifer George at 754-2577,

email: [jgeorge@bcc.edu](mailto:jgeorge@bcc.edu) or visit the Education and Training Center, room 107.

Contact 87EducationCenter@us.af.mil for CCAF counseling appointment.

The CCAF Olympic Ambassadors will be working with unit command chiefs to provide everyone with more resources through the next six months. Check with unit first sergeant or squadron chiefs periodically for these updates.

Let the games begin!

Email 87EducationCenter@us.af.mil for more information.



### Joint Base McGuire-Dix-Lakehurst Chapel

#### Easter Schedule 2013

<p><b>Protestant Services for Lent &amp; Holy Week</b></p> <p><b>March 24, Palm Sunday</b> Regularly scheduled services: 9 a.m. Traditional Service - Dix Chapel 9:45 a.m. Contemporary Service - North Chapel 11 a.m. Liturgical Service - Cathedral of the Air 11:30 a.m. Gospel Service - McGuire Chapel</p> <p><b>March 28, Maundy Thursday</b> 11:30 a.m. - Soldier's Chapel</p> <p><b>March 29, Good Friday</b> 11:30 a.m. - McGuire Chapel</p> <p><b>March 31, Easter Sunday</b> 7 a.m. Easter Sunrise Service - Doughboy Field Event followed by breakfast at Dix Chapel Regularly scheduled services: 9 a.m. Traditional Service - Dix Chapel 9:45 a.m. Contemporary Service - North Chapel 11 a.m. Liturgical Service - Cathedral of the Air 11:30 a.m. Gospel Service - McGuire Chapel</p>	<p><b>Catholic Services for Lent &amp; Holy Week</b></p> <p><b>Fridays during Lent</b> (March 8, 15, and 22) 5 p.m. Adoration - Dix Chapel 5:45 p.m. Stations of the Cross - Dix Chapel Event followed by soup supper</p> <p><b>March 19, Communal Penance Service</b> 7 p.m. - Dix Chapel</p> <p><b>March 28, Holy Thursday Mass</b> 7 p.m. - Dix Chapel 8-10 p.m. Adoration of the Blessed Sacrament - Dix Chapel</p> <p><b>March 29, Good Friday</b> 3 p.m. Celebration of the Lord's Passion - Dix Chapel</p> <p><b>March 30, Holy Saturday/Easter Vigil</b> 8 p.m. - Dix Chapel</p> <p><b>March 31, Easter Sunday Mass</b> 10:30 a.m. - Dix Chapel</p>
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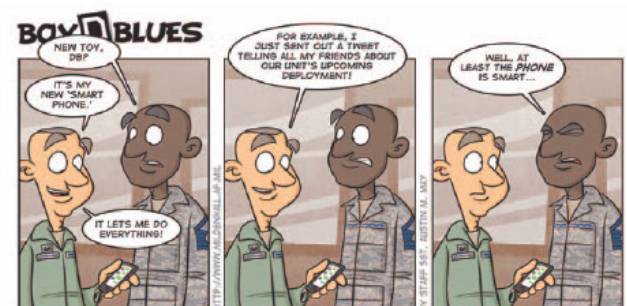


### Joint Base McGuire-Dix-Lakehurst Chapel

<p><b>Chapel Locations</b></p> <p>McGuire Chapel - 2503 East Arnold Avenue North Chapel - 3827 School House Road Dix Chapel - 8249 New Jersey Avenue Soldier's Chapel - 5550 Church Street Cathedral of the Air - 264 Hope Chapel Road, Lakehurst NJ 08527</p>	<p><b>Worship Hours</b></p> <p><b>Catholic</b> Wednesday - 11:30 a.m. McGuire Chapel Saturday - 5 p.m. McGuire Chapel Sunday - 10:30 a.m. Dix Chapel</p> <p><b>Protestant</b> Sunday - 9 a.m. Traditional - Dix Chapel Sunday - 9:45 a.m. Contemporary - North Chapel Sunday - 11 a.m. Liturgical - Cathedral of the Air Sunday - 11:30 a.m. Gospel - McGuire Chapel</p> <p><b>Army Support Activity</b> Sunday - 7:30 a.m. LDS - Dix Chapel Sunday - 7:30 a.m. Catholic - Dix Chapel Sunday - 7:30 a.m. Protestant - Soldier's Chapel</p> <p>For programs, faith groups, or special language needs not listed, please contact the Chapel at 809-754-4673.</p>	<p><b>Contacting A Chaplain</b></p> <p><b>When should I call a Chaplain?</b></p> <p>Chaplains are available for spiritual, relationship and grief counseling. They provide worship services, baptisms, weddings and memorials.</p> <p>Your conversation with a chaplain can not be disclosed without your permission. No exceptions.</p> <p>To speak with a Chaplain during duty hours (Monday through Friday 7:30 a.m. - 4:30 p.m.) call 809-754-HOPE (4673).</p> <p>For assistance after duty hours, call the Command Post at 809-754-3035 or 3036.</p>
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Glorifying God, Serving Warfighters, Pursuing Excellence for the Joint Base



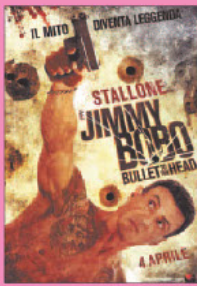
### Joint base children view special Dr. Seuss reading



Navy Capt. William Bulis, Joint Base McGuire-Dix-Lakehurst deputy commander, celebrates Read Across America Day March 1, 2013, at the Library and Resource Commons at JB MDL, N.J. Children from the joint base community experienced an interactive reading of "One Fish, Two Fish, Red Fish, Blue Fish" by Bulis as Thing 1, Andrea Cramer, and Cat in the Hat, Lt. Col. Gene Mattingly, 87th Mission Support Group deputy commander, acted it out. (U.S. Air Force photo by Wayne Russell/Released)



## Joint Base Theater Movie Schedule



Friday:  
7 p.m.  
Bullet to the Head (R)



Saturday:  
7 p.m.  
Hansel and Gretel (PG-13)

## Recipe Roundtable

Got a favorite recipe that's a time-saving miracle, a gourmet masterpiece or just really yummy? Email the recipe and a photo to the Air, Land & Sea Times staff at [87.abw.pa@us.af.mil](mailto:87.abw.pa@us.af.mil) to share it with the joint base community. Be sure to include "Recipe Roundtable" in the subject line.



- 1/4 cup barbeque sauce
  - 1 dash hot sauce, soy sauce, and Worcestershire sauce
  - 20 spring roll wraps
- Instructions:
1. Prepare onion and carrot by shredding with a cheese grater.
  2. Bring oil to 375 F (190 C) in an appropriate saucepan

## Spicy Chicken Spring Rolls

Spicy spring rolls with chicken, barbecue sauce, and veggies. Makes 20 rolls.

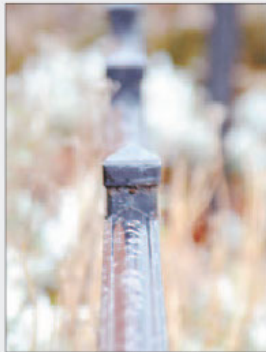
## Ingredients:

- 4 cups oil for frying
- 20 ounces canned chicken chunks (shredded and drained)
- 1 onion
- 1/2 cup cabbage (shredded)
- 1 carrot

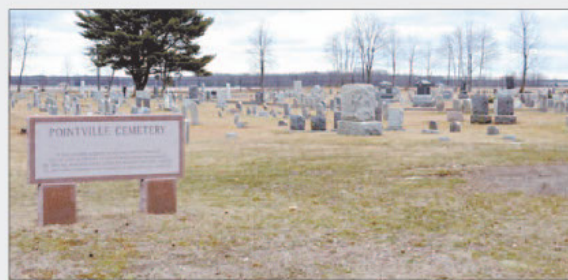
- for deep frying.
3. Combine together the chicken with the veggies, and sauces in a bowl. Increasing spice to taste by using additional sauce.
  4. Portion mixture by the tablespoon full into center of spring roll wraps. Dip fingertips in water and moisten edges of wraps, then roll mixture and seal the edges.
  5. Deep fry in preheated oil for five minutes, or until golden, about three or four rolls at a time. Place on paper towels to absorb excess oil.

Recipes found at [freerecipes.org](http://freerecipes.org)

## Get to know JB MDL!



Can you guess what this week's close-up photo is? Submit your guess online at [www.facebook.com/jbmdl](http://www.facebook.com/jbmdl). Don't forget to check back next week when the full-size photo is revealed!



Did you guess last week's close-up photo? It's a headstone at the Pointville cemetery. The historic town of Pointville is another site of significance on base. The town developed around the Cherry Valley Tavern, built in 1800, on modern day Texas Ave, south of the U.S. Air Force Expeditionary Center. Pointville included 30 homes, three stores, the tavern, a school, a church and a blacksmith shop in its heyday during the mid to late 1800s. The town came to an end during the start of World War II, when the U.S. Army bought the land to build training facilities.

## Coast Guard

Continued from Page 1

Marine Science Technician.

"Responders attend briefings identifying what information is known about the situation, a safety and mission brief, identifying the members of the entry and decontamination teams as well as a functions check of their equipment before going into action."

The teams are broken into two groups made up of two two-man entry teams, an initial entry team and a back-up entry team as well as a decontamination team.

"Prior to a team going in, we also check their blood pressure and temperature to assure they are fit for the mission," said Matthews. Entry team members don an enclosed protective suit containing an oxygen tank, light and radio, in addition to gloves, boots and a protective mask prior to entering a possible contaminated area. The suit is also taped at the seams to minimize the risk of exposure. The entry team communicates with the response supervisor providing information on what they see and the readings on their monitors to include air-borne chemicals in addition to the oxygen levels in their tanks.

The decontamination team prepares the decontamination area with scrub brushes and buckets of soapy water, a tent for showering and a monitoring station to check the entry team for contaminants. Conveyor belts are also available to enable the decontamination of litter-borne casualties.

"Some significant examples the AST responded to were the 9/11 World Trade Center recovery operations; the Capitol Hill Anthrax case in 2001 and 2002; Capitol Hill Ricin case in 2004; Hurricane Katrina responses both for oil spills and hazmat; Deepwater Horizon; and hurricanes Ike, Irene and Sandy," said Matthews. "Last year, there were 20 requests for help, some were oil spills and most of the cases were for long durations, often weeks to months, such as various responses related to Hurricane Sandy."

The AST response team is a qualification-driven team. The response supervisor may not necessarily be the most senior in rank but the most qualified.

Petty Officer 1st Class Adam Versluis, AST response technician, was acting response supervisor during the exercise overseeing the training and is currently working toward his response supervisor qualifications. His shop is responsible for maintenance of the respiratory-protection equipment. He has attended several schools in oil recovery to include booming and skimming.

"This job is enjoyable for the fact that no two cases are the same; on one job I could be overseeing the recovery of oil and on the next I could be conducting air monitoring for the EPA," said Versluis, a Damage Controlman 1st class from Geneseo, Ill., with 12 years in the Coast Guard. "This is really a fun job and I like it."

The AST is one of three special teams that make up the National Strike Force. It is a vital national asset comprised of a unique, highly-trained cadre of Coast Guard professionals who maintain and rapidly deploy with specialized equipment and incident management skills any time to any place or hazard.

The AST is recognized worldwide as an expert authority in the preparation for and response to the effects resulting from oil discharges, hazardous substance releases, weapons of mass destruction events and other emergencies on behalf of the American public, according to the U.S. Coast Guard homepage.

## Safety

Continued from Page 1

31, 2013, to support 4th Reconnaissance Battalion in San Antonio. The Hustler flight achieved the 40,000-hour milestone in the skies over Louisiana on the second morning of the transit.

"This milestone exemplifies the excellence that is the hallmark of every Hustler, past and present," said Maj. Brad "Sixty" Burnett, Hustler Flight operations officer

and section leader. "It is an honor to be a part of such a major milestone. It speaks volumes about the professionalism of the Marines who work on and fly these aircraft."

For the U.S. Navy as a whole, safety is a main focus. For those in the aviation community, safety is most pointedly important. Dynamic evolutions, complex aircraft and varied mission sets present day-to-day hazards for both aircrew and maintenance personnel. Mission accomplishment is the priority for the HMH-772 team, as well as tempering operational

demands with operational risk management, creating the ability to achieve their mission.

"It has been said that 'Aviation is not inherently dangerous, but to an even greater degree than the sea, it is terribly unforgiving of any carelessness, incapacity, or neglect,'" said Maj. Josh "Frenchy" Cormier, HMH-772 executive officer. "This milestone is a testament to all of the Hustler maintainers and aircrew who go out every day with the utmost professionalism to safely accomplish the mission."

## MOSC's 3rd Annual TRIVIA NIGHT

6:00 PM

START DECORATING YOUR TABLE  
WIN THE 'BEST DECORATED TABLE' AWARD

TRIVIA STARTS @ 7:00 PM

GATHER YOUR SMARTEST FRIENDS  
FOR 3 ROUNDS OF 12 TRIVIA QUESTIONS

EACH TABLE COMPETES AS A TEAM

BE THE 1st, 2nd, 3rd PLACE WINNERS!

SILENT & DESSERT AUCTION INCLUDED

• Reserve your table by calling Beth at 254-833-8662.

For questions, please email [mactrivia@gmail.com](mailto:mactrivia@gmail.com).

• Proceeds support MOSC Scholarships awarded to military dependents.

• Advance Reservations:

\$10 per person or whole table of 8 for \$80 (nonrefundable)

At the Door \$12.50 per person or \$100 per table

• Bring your own food. No crockpots. Alcohol must be purchased on-site.

• Optional: A contest for the best decorated table (choose your own theme). Please no glitter or confetti.

• Open to the entire Joint Base Community (18 yrs & above)

MARCH 22, 2013

FRIDAY

TOHMY B'S COMMUNITY CENTER  
1705 EAST ARNOLD AVE. JBMDL, NJ